FIELD GUIDE

NO RETREAT.

NO SURRENDER.

Acknowledgement of Country

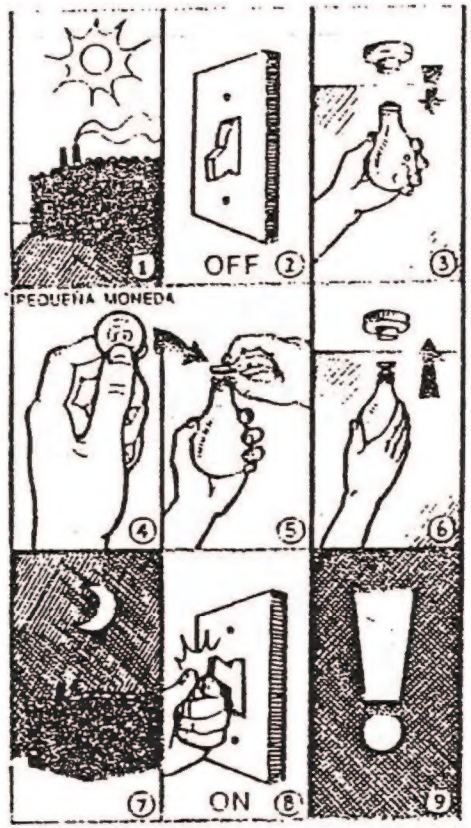
This field guide was created on unceded Aboriginal land.

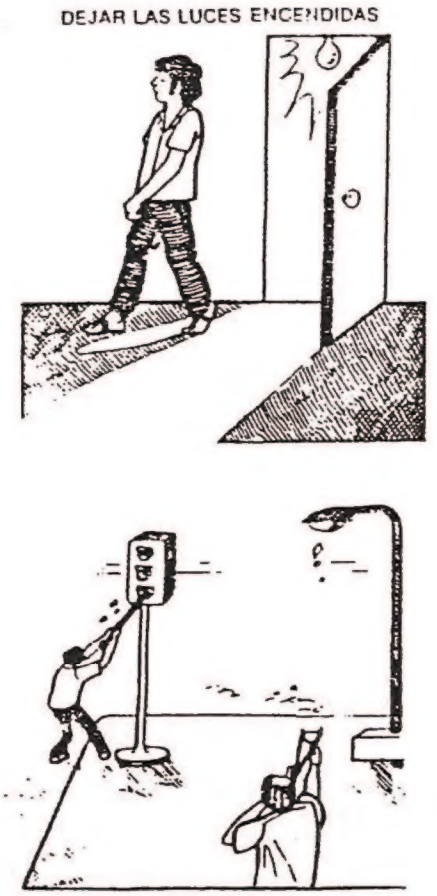
We acknowledge the sovereignty of the First Nations peoples of this continent, which has never been ceded.

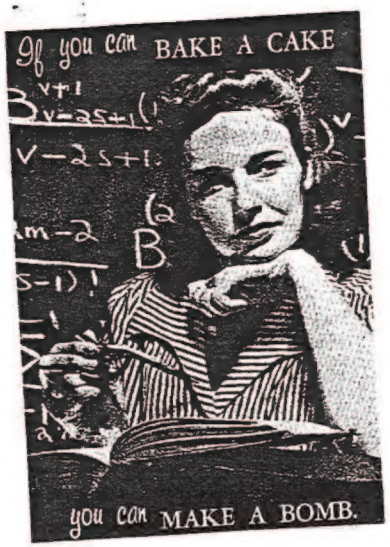
There is no antifascism without decolonisation.

We recognise the long history of resistance against colonisation and state violence, and honour the struggles of Aboriginal and Torres Strait Islander peoples who continue to lead the fight against racism, policing, prisons, and dispossession.

Always was, always will be Aboriginal land.


OFF
PEQUEÑA MONEDA
ON


DEJAR LAS LUCES ENCENDIDAS



BOMBA INCENDIARIA
("COCTEL MOLOTOF")

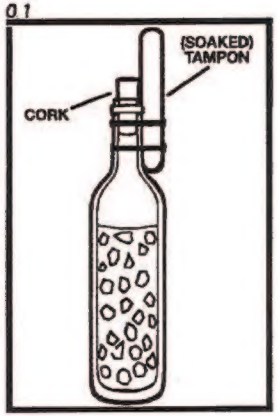
1. LLENAR DE GASOLINA, LUZ BRILLANTE (KEROSÉN) O COMBUSTIBLE DIESEL UNA BOTELLA DE CUELLO ESTRECHO, MEJOR AUN SI SE LE AÑADE ASSERRÍN DE MADERA O JABÓN RAYADO.

2. INTRODUCIR UN TRAPO EN LA BOTELLA HASTA QUE UN EXTREMO ROCE EL LÍQUIDO Y EL OTRO SE EXTIENDA NO MENOS DE 20 CMS DE LA BOCA DE LA BOTELLA. SELLAR FIRMEMENTE LA BOTELLA CON UNA CINTA O VENDA.

3. PARA ACTIVAR EL DISPOSITIVO:
   A) SOSTENER LA BOTELLA EN UNA MANO EXTENDIENDO BIEN EL BRAZO.
   B) ENCENDER CON LA OTRA MANO EL TRAPO.
   C) LANZAR INMEDIATAMENTE LA BOTELLA ENCENDIDA CONTRA EL OBJETIVO, CON FUERZA SUFICIENTE PARA QUE SE ROMPA AL HACER IMPACTO.

¡Soldado nicaragüense! ¡Miliciano nicaragüense! Una forma muy eficaz de sabotear a la tiranía marxista es negandote a servir militarmente sus designios de opresión imperialista. Da un paso decisivo hacia la libertad de Nicaragua incorporandote, con tus armas si puedes, a las filas de los combatientes por la libertad. Nicaragua libre te espera. Ven a formar filas junto a tus hermanos, dignos herederos de Sandino.

01



You can mix styrofoam into gasoline to make it stick—this recipe has been used for the filling of molotov cocktails.

Introduction: What is Fascism?

(Already fluent in fascism?, skip ahead.)

Fascism is not only a relic of the past. It is a system of power that thrives on nationalism, racism, sexism, and violence. Fascism emerges when the state and reactionary movements work together to suppress dissent, protect capital, and enforce social hierarchies through fear.

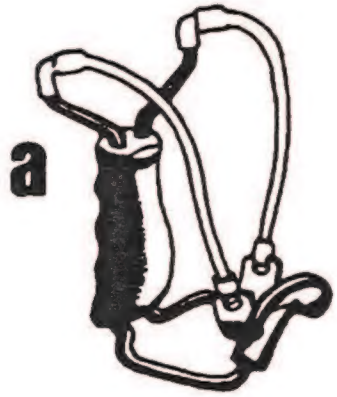
In Australia, fascism is tied to the history of colonisation. The foundations of this country are built on stolen land, genocide, and segregation. State institutions — the police, the courts, the prisons — continue to uphold white supremacy and enforce inequality. Fascist groups feed on this legacy, using nationalist myths and racial hatred to justify violence against First Nations peoples, migrants, queer and trans communities, and anyone who resists.

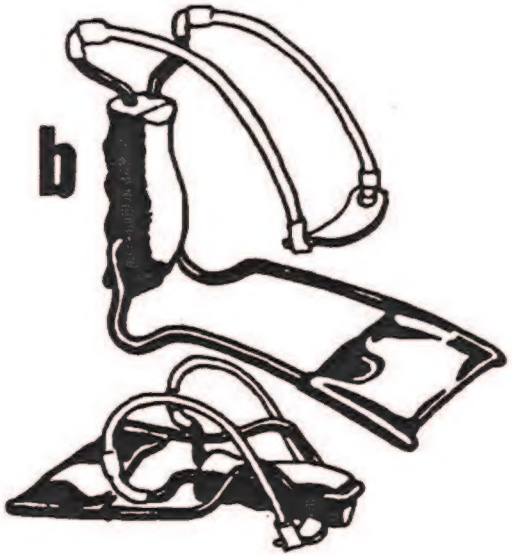
If you are opposed to racism, authoritarianism, and oppression, then you are already antifascist. "Antifa" is simply short for antifascist: people who refuse to stand by while fascism grows.

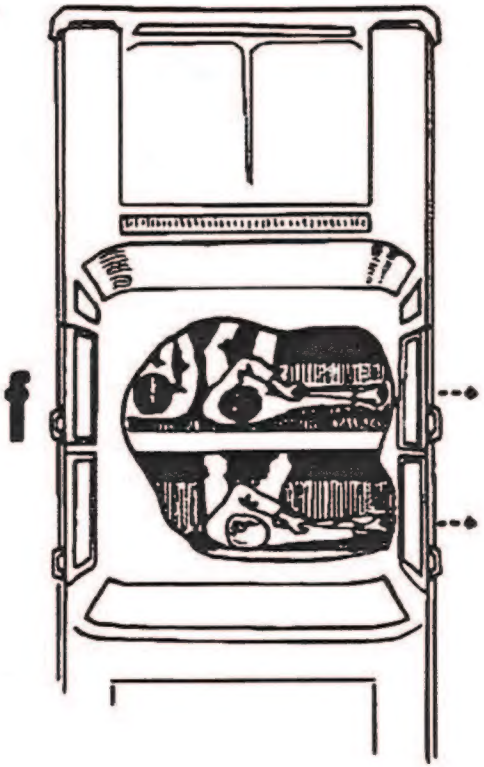
Antifa is not a central organisation, nor a terrorist group as the media portrays. It is a practice — a commitment to collective resistance. It is people coming together in solidarity to defend each other, to resist oppression, and to confront fascism wherever it appears.

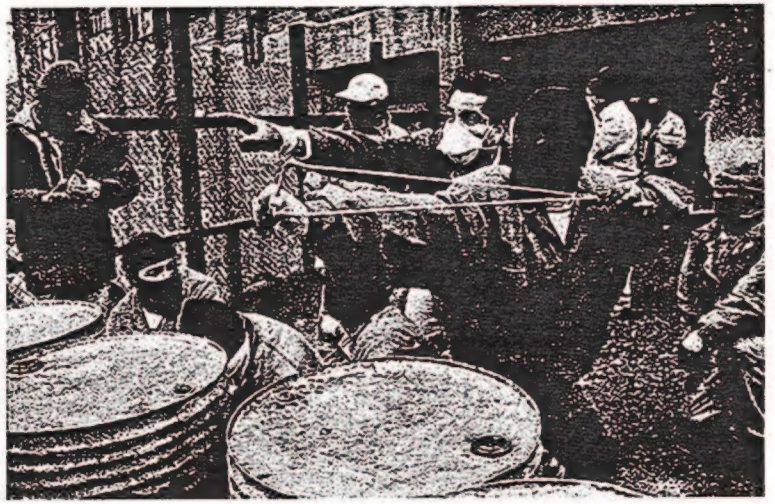
Resistance is not optional *— it is survival. Stand together.* Resist fascism.

STRENGTH IN NUMBERS









Fun With Slingshots

This versatile tool, available at large discount houses for a few dollars, can be used to knock out office windows from the relative safety of a passing car. In the illustration you will see the conventional type (a) and the more compact and easily concealed folding variety (b). Missiles must be small, dense and relatively round (c). Avoid irregularly shaped objects (d), as they don't fly true. Small rocks, steel bearings, and large nuts (e) are good. In illustration (f) you can see how one or two slingshotters can hit a target from a passing car. The hand holding the slingshot must not extend outside the vehicle (f). The driver must signal when it is safe, ensuring that the hit cannot be observed by nearby drivers. Avoid using your brake lights or deliberately slowing down and then making a fast getaway. Try a couple of practice sessions on a remote country road first. To a passerby, the hit must be indistinguishable from the actions and movements of a typical passing car.

Accuracy with a slingshot comes only through practice. Shooting into an empty cardboard box from gradually increasing ranges is good practice. Do this in a remote area, rather than leave your backyard littered with the same type of ammunition found at the scene of the hit.

—William Tell

FIELD NOTE

* Round ice (the kind sold in machines) is an excellent pellet for slingshots involved in night actions. They can be shot through windows, breaking the window, but then melt, leaving no evidence. They do not break plate glass, but are fine for thin glass.

* Paint pellets (used in CO2 air splat guns for war games) can be fired from slingshots. They are water-based paint in gelatin. This means they are politically-correct—biodegradable—but the paint splat does not last long on your target. Unfortunately, some break with the initial pull of the slingshot.

What makes a good protest?

Rallies succeed through organisation, solidarity, and numbers. Fascists rely on fear and noise — we answer with unity and collective power. Police are not neutral. They exist to protect fascists. Our strength is in refusing to be isolated, divided, or pushed back against fascists and those who protect them.

Power in Unity:

Show up together. Large crowds drown fascist voices and deny them visibility.

Numbers = safety. When we hold formation, police cannot kettle or isolate us. Kettling only works when people scatter or panic. Stand tight, stay linked, move together.

Solidarity in Practice. Chant in unison. Loud, clear and disciplined. Chants keep morale high and drown out fascist messaging.

Hold the Ground. Do not give space away. Fascists thrive on intimidation; police rely on dispersal. When we hold our ground, shoulder to shoulder, we show that our side will not be silenced.

WE STAND TOGETHER. WE RESIST. WE WIN.

AFFINITY GROUPS

STICK TOGETHER

BUILDING BARRICADES

Whenever possible, build barricades both inside and outside the doors.

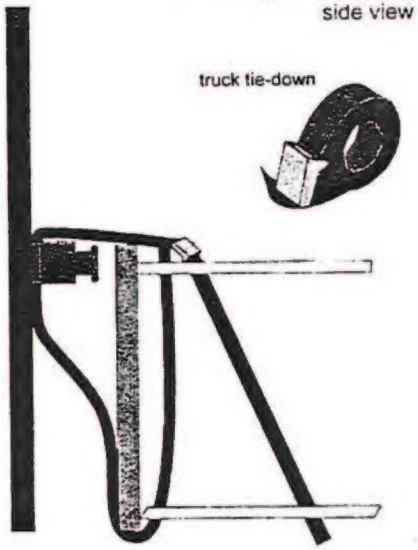
For the inside. Use heavy furniture. Distribute it evenly among the doors. Make sure the barricades are actually functional. Don't do anything too complicated or precarious. If pigs are pushing on the barricade from the outside, you should be able to push back from the inside. Do not stack up furniture that can be easily pushed aside once the pigs get through the door (unless you have nothing else). Do not use lock-boxes or chain yourself to anything inside the building.

For the outside. An 'outside' team should roll in, build outside barricades and then disperse. Use dumpsters, trees, wood pallets, chain-link fences, picnic tables, luxury cars, and garbage cans filled with rocks to block the entrances. Make sure the outside team knows which door you want to control, so they do not overly barricade it.

Note on human barricades. In our first occupation, we relied on human barricades. We got a large crowd to surround the occupied building. They locked arms to protect the doors. But we found that, after a brief period of intimidation, the police left the occupation alone (because the administration wanted to avoid confrontation). Once the police left, the crowd dispersed. Few people stayed all night, especially when there was no immediate threat of police confrontation. It would have been better to get the crowd inside the occupied building. You can trust the physical barricades to protect people inside. Why force the people outside to sacrifice themselves unnecessarily? If possible, have a crowd surround the building during the initial confrontation and then get everyone inside the building as soon as the police leave.

barricading with webbing
side view

truck tie-down



The "bold new" method.
(All the cool kids are doing it this year.)

SECURING DOORS

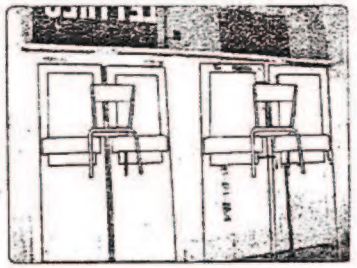
Doors open either into or out from the space you are occupying. For doors that open into the space, you have only one option: barricade them closed. For doors that open out (most doors in newer buildings), you have many options, depending on what kinds of handles are used to open the doors. Here are some examples.

CLASSIC METHODS using cable locks:

Door with turning handles. Loop one end of a cable lock around the door handle. Tie the other end to a structural support, or loop it around another door handle.

Doors with push-bars. If there is no space between the bar and the door, secure a c-clamp to the bar to create a space. Either (1) loop a cable lock through the space OR (2) clamp a length of webbing to the bar. Tie the other end of the cable or webbing to a structural support. If no structural support is available, tie it around a table.

Doors with no handles. These are almost impossible to secure without damaging the doors. Unless they open into the occupied space, avoid them.



High school occupation during anti-CPE struggle, France 2006

BOLD NEW METHOD using truck tie-downs

Doors with push-bars. Get truck tie-downs from the local hardware store. Find ones with ten feet of nylon webbing attached to a metal buckle at one end. Some of these buckles can hold over 1000 pounds of weight. Loop the webbing through the space between the bar and the door (or use a clamp to create that space) and around a table (or anything larger than the door frame). Pull the webbing through the buckle as tightly as possible.

When the pigs try to open the door, the table will not fit through the frame of the door, so the door will not open. If done right, these doors are completely impermeable (unless the pigs can break a window to get in). Use more than one tie-down for each door and make sure there is no give (remember that the nylon will stretch a little bit, so yank on it and readjust). Using tie-downs, two people can carry a table to a door and lock it down in under two minutes.

Make sure the doors are secured as tightly as possible. If the door opens even an inch, the pigs can cut the lock. Use carabiners to tie locks to one another, or to make it easy to open doors without disassembling the locking mechanism. BE CREATIVE: exploit unique door handles!

JUST IN CASE...

C. Spray-Paint. If there is no time to make paint bombs, cans of spray paint can be used to blind riot police. This requires standing within arms reach and spraying facial area and/or shield.

5. Projectiles. Thrown or fired objects can injure, slow down, and have a psychological impact on riot cops (even if protective armour limits potential damage). Whenever a barricade or position is established, the gathering of projectiles should be ongoing. Common projectiles include:

A. Rocks. Fist-sized rocks can be thrown with some force & accuracy a distance of 40-50 feet. Aim at head, upper body, arms or legs. Although common, rocks should be gathered and stashed at certain points and/or carried in pack.

B. Concrete/Bricks. In urban or suburban areas, pavement & bricks can be dug up and used as projectiles. Large concrete chunks & bricks should be smashed up to make smaller throwing pieces.

C. Slingshot. As noted, slingshots can be used against riot police face area, as well as windows.

D. Paint-bomb. Can be used to blind riot cops (see above).

E. Molotov. Can be used against riot cops to injure or stop advance, to disable vehicles and set fire to barricades.

F. Flares. Flares that shoot out can be used to fire on police formations, causing panic, confusion, and possible injuries. The best are pen-type flare launchers.

G. Fireworks. Roman candles & other shooting fireworks can be used to fire on police formations. Some fireworks, such as 'Screecheroos', can be modified to make flash-bang grenades.

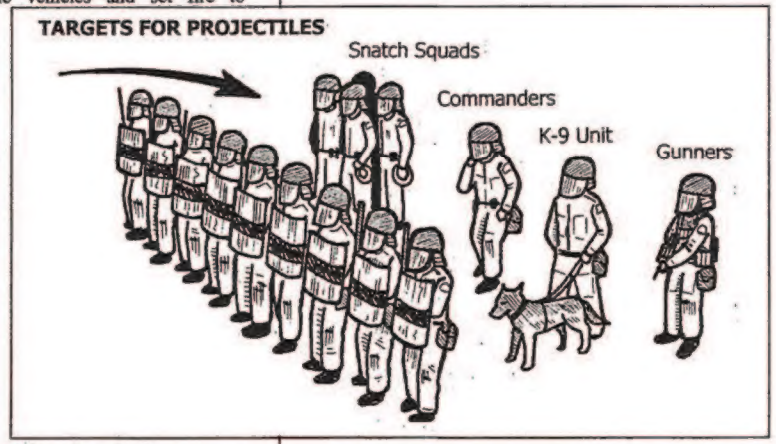
H. Bottles. Empty bottles thrown at police have an intimidating effect when they shatter. Flying glass shards can cause injury. Aim for ground directly to front of riot cop, or aim at head.

Throwing Projectiles

Despite their heavy protective armour, riot police are vulnerable to the accumulated physical & psychological effects of projectiles.

Points to stress:

- Projectiles should be thrown from the *front* of a crowd, not the rear. This is to prevent injury to the front ranks should your throw be short. Throwing from the front is also more accurate and forceful.
- Projectiles should be aimed at *individual targets* & body parts, not just thrown into a mass.
- Targets directly to the front can be thrown at, but they may see your action & avoid the projectile. Throw at an angle to L or R and you will more likely catch a riot cop off guard.



- Primary targets for projectiles are: commanders, ARWEN gunners, snatch squads, and K9 units (none of whom usually carry shields).

AFFINITY GROUPS:

In order to protest in a more effective and secure way, it can be useful to coordinate with a group of friends or comrades in order to act together and take care of one another. Here, we consider some useful tactics for coordinating your action in order to keep yourself and others safe.

Create an affinity group:

An affinity group is a small crew who plan, act, and leave together. Think of it as a unit inside the bigger protest. Trust, care, and communication hold it together.

Size: 2-15 people. Small enough for direct trust, big enough to share roles.

Roles can include:

- facilitator
- media contact
- medic / first aid
- support

RESIST TOGETHER!

PROTECT EACH OTHER!

Why they matter:

- You plan your own security.
- You stay in touch during the action.
- You respond to emergencies as one.
- You leave together and debrief after.

Affinity groups can form for one action, or stick together as part of a longer movement. Several groups can link up to act as a larger bloc — but autonomy is always the base.

Tip: *it's good to have at least one member that has first-aid or mental-healthcare skills.*

BLOCING UP

UNIFORM OF RESISTANCE

(images from RIOT / CONTROL and BLOCING UP)

SEE YOU IN THE STREETS.

CONCLUSION: NEVER MARCH ALONE

Fascism thrives on fear and silence. Antifascism thrives on solidarity and courage. Every time we stand together — in the streets, at rallies, in our communities — we prove that collective power is stronger than police batons, pepper spray, or far-right violence.

We win when we resist together.

Hold the line. Protect each other. Stand up against fascism in all its forms.

Know Your Support:
If you are targeted, arrested, or need help:

MALS (Melbourne Activist Legal Support):
mals.au/resources/rights
VAL (Victoria Activist Lawyers):
activistlawyers.org.au
Fitzroy Legal Service:
fls.org.au
Victoria Legal Aid:
legalaid.vic.gov.au
Street Medics:
radical-guide.com

NO RETREAT

The police defend fascism. *We defend each other.*
They have weapons. *We have numbers.*
They spread fear. *We fight back.*
Do not scatter. *Do not stand down.*
Hold the ground. *Break their lines.*

Fascism falls when we rise together.

BLACK BLOCK

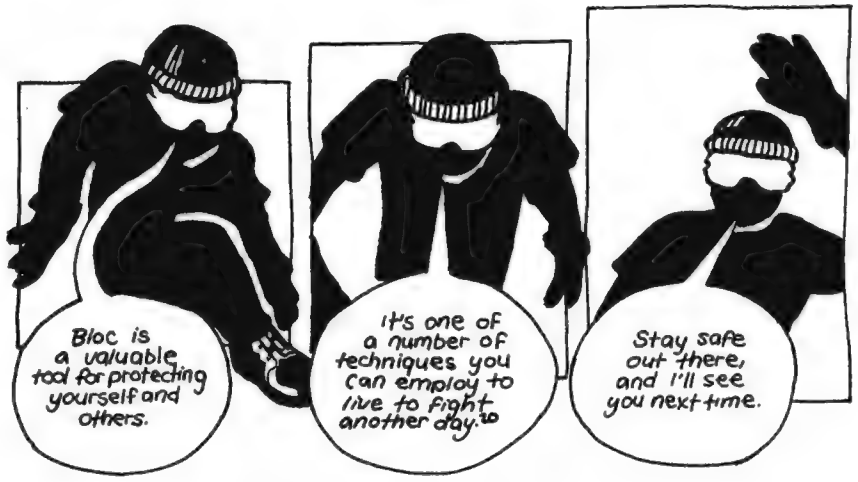
What is Black Bloc?
Black Bloc is not a group or an organisation. It is a tactic. A way of moving together in solidarity, protecting ourselves and each other, and refusing to be singled out. By blending in, we make it harder for fascists and police to identify, isolate, or target individuals.

Why it matters:

Solidarity & Cohesion: A bloc is stronger than scattered individuals. Moving and dressing as one creates unity and safety.

Protection from Harm: Masks and goggles shield against OC spray, projectiles, and police violence. Covering up reduces the risk of injury and exposure.

Anonymity: Black clothing and covered features prevent surveillance and identification. The less they know, the less they can use against us.



(image from BLOCING UP by HEADINGNORTHER)

What to Wear:

Clothes: Black hoodie or jacket, plain pants, sturdy running shoes. Aim for nothing flashy, no logos, no brands.

Face & Eyes: Scarf, mask, or keffiyeh; goggles from a hardware store; improvised eye protection if needed (sunglasses, goggles etc.).

(image from RIOT / CONTROL by RESEARCHDESTROY)

Hands: Gloves (protect from cold, from chemcals, from leaving fingerprints).

Extras: A **black backpack** is recommended. Padding, helmets, or gas masks are optional depending on the risk. Some wear more, some wear less — but always think safety first.

Where to Source Gear:
Check thrift stores, discount shops, or borrow from friends. Black clothing is everywhere — you'd be surprised how easily you can kit yourself out for free.

Hardware stores sell gloves, goggles, masks and other useful gear.

Fitzroy Legal Service

(03) 9419 3744

We run a free Night Service Legal Advice Clinic

We run a free Night Service Legal Advice Clinic at the Fitzroy Town Hall and at our Reservoir Office. This is a generalist service so we can provide you advice about a range of legal issues either in person or via phone. *We can only see you if you have made an appointment.* Please click the 'Make an Enquiry' button to be directed to our webform and enquire about an appointment with our Night Service Advice Clinic.

Legal Representation and Ongoing Assistance Services

Our service provides advice and legal representation to people who;

- Meet our service eligibility requirements; or
- Are eligible for a grant of legal aid; or
- Are able to pay for representation (at a reduced cost)

Fitzroy Office

Address
Fitzroy Town Hall,
Level 4, 201 Napier Street
Fitzroy 3065

Get Directions

Phone
(03) 9419 3744

Reservoir Office

Address
279 Spring Street,
Reservoir 3073

Get Directions

Phone
(03) 9419 3744

Victoria Legal Aid

Helping Victorians with their legal issues

1300 792 387

Do you have a legal issue or need free legal information?

You can:

- message our online Legal Help Chat
- call our Legal Help phoneline
- search I need legal information about ... for basic legal information.

You can contact Legal Help between **8 am and 6 pm, Monday to Friday**. These services are **closed on public holidays**.

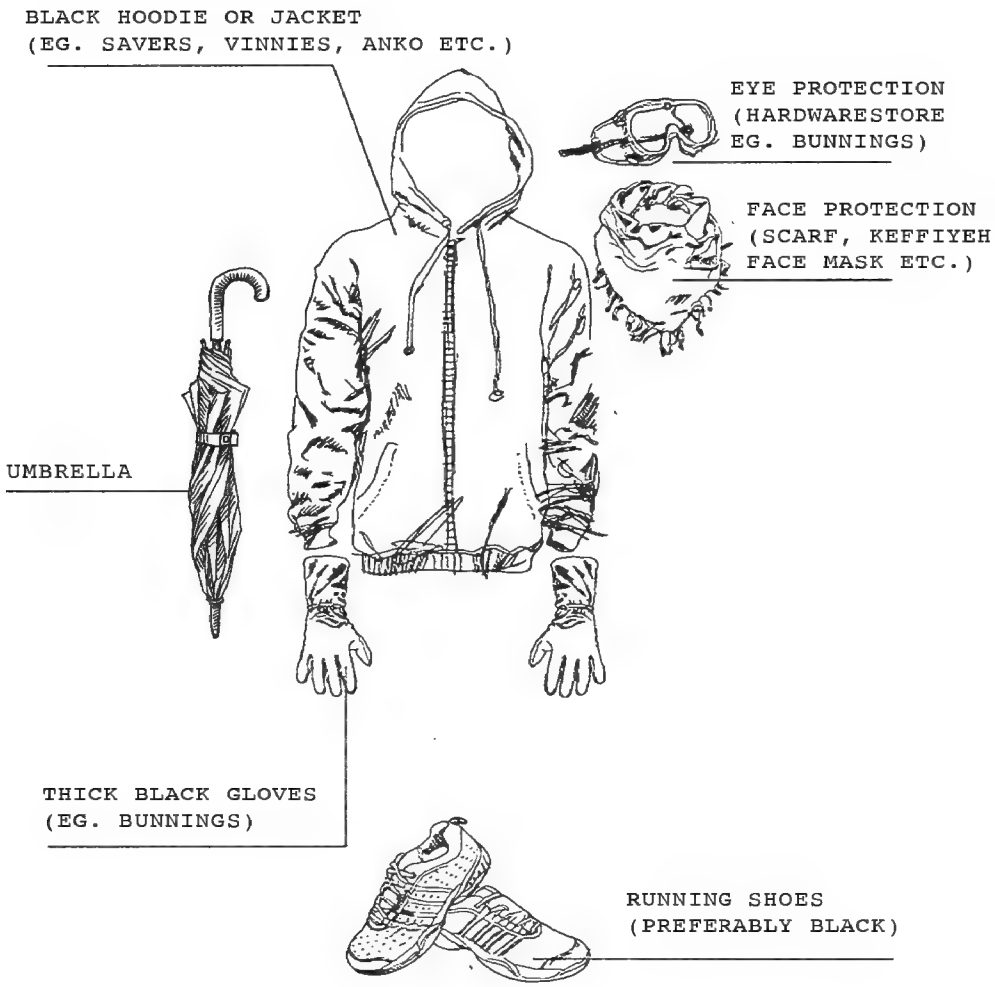
We also offer referrals and free legal advice for those who are eligible.

Contact us

Call 1300 792 387 →

Or chat with us online →

legalaid.vic.gov.au



What to Avoid:

Piercings, jewellery, or ***loose items*** that can be grabbed.

Tattoos, scars, or ***identifying features*** — always cover up.

Remember:

Black Bloc is about standing together. When we dress alike and move as one, we make it harder for fascists and police to single us out. It is a tactic of protection and confrontation — shielding each other from harm, denying fascists space to spread, and showing that our strength is in unity.

(image from BLOCING UP by HEADINGNORTHER)

Victorian Aboriginal Legal Service

If you are an **Aboriginal or Torres Strait Islander person**, police are **legally required** to notify VALS when you are taken into custody. You can also call yourself or have someone call on your behalf.

VALS provides:

- Immediate legal advice while in custody
- Court representation for criminal charges
- Support for families and community during legal processes

No First Nations person should face police alone.

273 High St, Preston VIC 3072

vals@vals.org.au

1800 064 865

WE ACKNOWLEDGE AND PAY OUR RESPECTS TO THE CUSTODIANS OF THE LANDS ON WHICH WE WORK, COLLECTIVELY THE ABORIGINAL COMMUNITIES OF SOUTH-EAST AUSTRALIA.

Historically, the police have been known to exercise their authority by (sometimes pre-emptively) arresting and detaining people who the police reasonably believe have committed an offence. You should always seek legal advice if you are arrested (see Chapter 2.4: Legal services that can help).

Local councils must consult the police before granting permits for the use of council land, or for road closures, or for anything else that the council believes will facilitate a public protest being held by a permit applicant (s 6A *Summary Offences Act 1966* (Vic) ('**SO Act**')).

If engaging in a protest that you anticipate may result in arrest or detention, it is good to understand the nature and scope of police powers, and the common charges laid against protesters.

Some of the key bail issues and common charges associated with protests are outlined below. For more information, see Chapter 3.5: Arrest, search, interrogation and your rights, and Chapter 3.6: How bail works.

Move-on powers

Note that while move-on powers are described in this section, police are specifically *not permitted* to use move-on powers against protesters.

The SO Act (s 6(1)) authorises police offices and protective services officers to direct a person to leave a public place, if the officer believes on reasonable grounds that:

a the person is breaching the peace, or is likely to do so;
b the person is endangering the safety of another person, or is likely to do so; or
c the person's behaviour is likely to cause injury or property damage, or is a risk to public safety.

A direction to 'move on' can be given to an individual or to a group of people, and may require the person or group to avoid that particular public place for 24 hours. It is an offence to contravene a direction (penalty: five penalty units (**pu**)).

Under the SO Act (s 6(5)), people cannot be directed to move on if they are:

- picketing a place of employment;
- demonstrating; or
- holding banners or signs or speaking in public.

It is important to note that what is required is that the officer has reasonable grounds to believe that certain things are 'likely to happen'. At the time you are directed to move on, the police officer does not have to state the basis for their belief. However, if you challenge the direction later, the officer will need to satisfy a court that their belief was objectively justified.

Designated areas, weapons and face coverings

Under the *Control of Weapons Act 1990* (Vic) ('**CW Act**'), the Chief Commissioner of Victoria Police may declare an area to be a 'designated area' at short notice. The declaration can be published on the Victoria Police website (www.police.vic.gov.au).

Within a designated area, a police officer can search a person for weapons without a warrant. The officer should give the person a 'search notice'.

A police officer can also direct a person who is wearing a face covering to leave a designated area. The police officer must reasonably believe that the person is wearing the face covering primarily to conceal their identity or to protect themselves from the effects of crowd-controlling substances (e.g. capsicum spray). Given that face coverings can be worn for religious reasons and, since the COVID-19 pandemic, masks have been widely worn for public health purposes, it may be harder for police officers to legitimately direct people to leave protests for this reason.

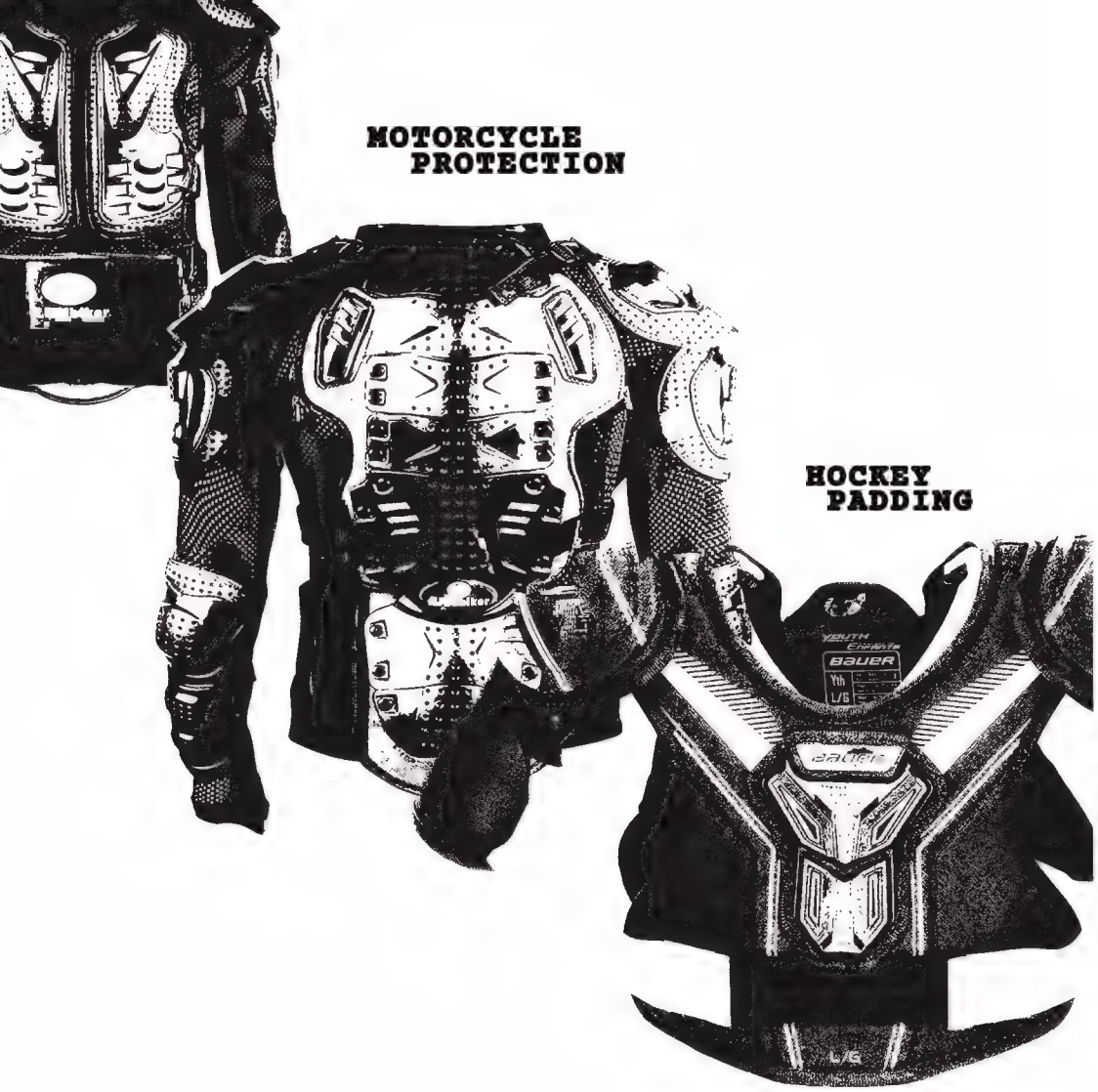
A police officer can also direct a person to leave a designated area if the officer reasonably believes that the person intends to engage in conduct that would constitute the criminal offences of affray or violent disorder.

It is an offence to fail to comply with a direction given by a police officer without a reasonable excuse. A penalty of five pu applies to this offence (s 10L(2) CW Act).

Bail issues

If you are arrested for an offence, police may seek to impose bail conditions that cover the period up until your case is heard in court. Imposing a geographical exclusion zone (being a place or area you must not visit or may only visit at specified times) is a common bail condition used against demonstrators to prevent them from returning to the protest site.

The object of bail should be to ensure that you attend court, and not to control your life. If you



SHIELD YOURSELF.

MELBOURNE • ACTIVIST • LEGAL • SUPPORT •

KNOW YOUR RIGHTS

Essential legal info for protests

Scan the QR code or visit:

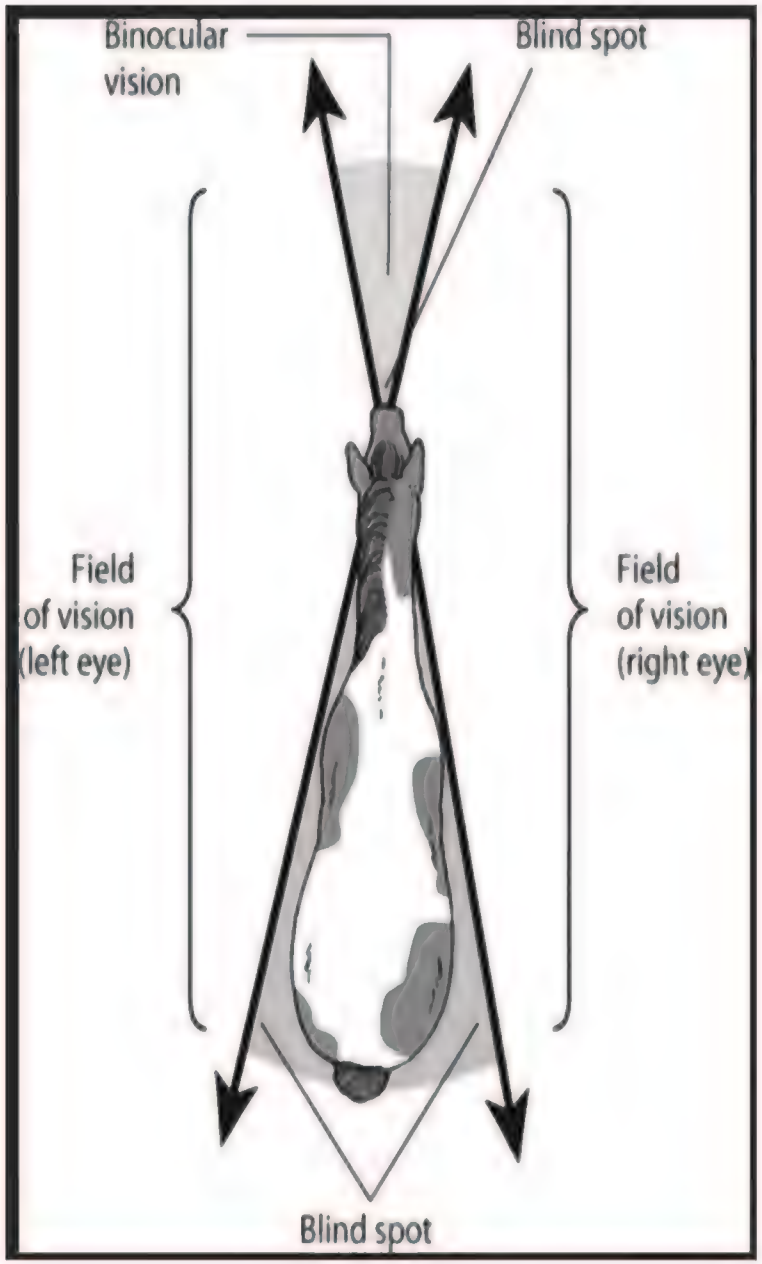
mals.au/resources/rights ↗

This page covers:

- What to do if you're stopped, searched, or arrested
- Your rights in custody
- How to access legal help during and after protests

Read it. Share it. Remember it.

MELBOURNE ACTIVIST LEGAL SUPPORT (MALS) https://mals.au/resources/rights/



Umbrellas: Shield and Stick

Umbrellas are simple, everyday tools that protect people and preserve collective power. Use them to keep people safe, block lines of sight, and hold space. They've been used around the world as low-tech privacy and protection tools: most famously in Hong Kong's pro-democracy demonstrations (the 2014 "Umbrella Movement" and later actions), where protestors opened umbrellas to shield against spray and to obscure cameras. That history shows how ordinary objects can help defend the people and preserve anonymity.

Why bring one?

Protect the group: an open umbrella can create a visual barrier to discourage targeting of individuals.

Defend yourself: A closed umbrella is a solid defensive tool that can be used at your discretion.

Shield from irritants: an umbrella can help block direct sprays and drifting irritants from hitting faces when held between a source and people.

Privacy & surveillance control: umbrellas break lines of sight and make it harder for cameras to film faces and identifying details. Useful for protecting people from targeted surveillance.

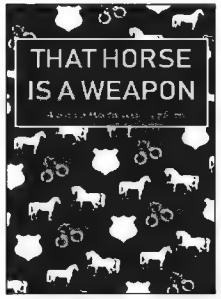
Weather & morale: cover from rain, wind, or sun keeps people on their feet and able to stay in formation.

Low-risk, available gear: cheap, widely available, easy to carry, and easy to stash when you don't need it.

WHAT CAN YOU DO WHEN FACING A POLICE HORSE?

- Check in with your friends. A fear of horses– especially when they're controlled by violent cops– is normal.
- Remember that cops can observe more and see farther due to the height vantage that horses provide.
- Try to avoid standing within arm or baton strike distance of the mounted cop.
- Be mindful of a horse's blind spots. Try to avoid standing directly in front of or directly behind a horse.
- Carefully consider tactics that involve laying on the ground– they could be especially risky. Horses don't like to step on people but will if they can't see you, or are forced to.
- Evaluate the equipment the horse is wearing to gain a better understanding for the situations the cop has prepared themselves for. Is there a lead line that the cop could use to tie the horse up if they wanted to dismount quickly? Has the horse been equipped with a face shield, indicating cops want to push their horse into a crowd?
- Evaluate the horse's body language to predict what cops are immediately prepared to do. Are the horses nervous? Calm and focused, and ready to move on? Half asleep?
- Evaluate the horse's body language to determine if a cop has lost control of their horse. A cop with an out of control horse may be less focused on you, but an out of control horse can quickly become dangerous.
- Evaluate the horses body language to predict which direction they're likely to move in. Where are their ears pointing? In what direction is the horse's shoulder moving?
- Remember that a horse thinks like a pray animal. To survive they need to be able to go from 0 to 60 in a moments notice. Things in their environment– even something like a stray plastic bag or an opening umbrella– may startle a horse and cause them to unexpectedly spook.
- Watch your feet! Wear boots to give your toes protection. Be careful with steel toe boots– they will not provide you with extra protection, and can even be more dangerous around horses. A stomping horse can crush the steel and cause extra damage or toe amputation.
- Remember that hitting, poking, or pushing a police horse can result in extreme charges, including felonies. Courts may try to use any physical interaction with a police horse as a reason to add charges or make existing charges more severe.
- Make plans for managing your space if you expect the cops to use horses to push people around. Cops may try to use horses to divide groups of people off from a larger crowd, or to control the direction a group moves in. People are significantly more vulnerable if a cop can use a horse to successfully cut them off from a group of friends.

That Horse Is A Weapon



Added to Catalog: 2020 **Screen Version:** Download

Print Version: Download

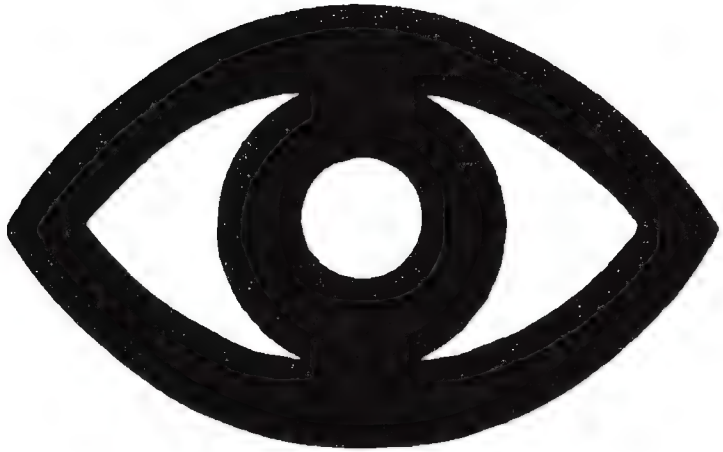
This is a very detailed examination of how horses are used by police for crowd control. It includes a discussion tips for dealing understanding a horse's behavior based on what their bodies are saying, the situations cops are prepared for based on the equipment the horses are wearing, etc. This zine does an excellent job of demystifying a tool frequently used by police during civil disturbances.

Excerpt

"While the oppressive nature of the police force has remained unchanged, many of the weapons and tactics employed by cops have evolved over the years. The gadgets, the guns, the clothes, the aesthetics, and the communications equipment have all evolved. Cops are in a constant cycle of inhumane creation and refinement of tactics, and we are in a constant cycle of learning how to best keep each other safe. Even though mounted police tactics have evolved alongside other tools of oppression and tactics, the basics of threatening people from the top of a horse is pretty much the same as it ever was... The goal of this text is to demystify the police horse through an introduction to horse body language. We hope that this will help keep our friends safer in the streets."

DIGITAL

SELF-DEFENSE



The most important step is to make sure you can communicate securely without being surveilled. You need a way to communicate privately with your peer group and a way to stay up to date with what's happening around you and where demonstrations are taking place. For that, it's recommended to use two apps: Telegram and Signal. You can find them on either Google's Play Store if you're on Android or Apple's Appstore if you have iOS. Signal and Telegram have different use cases:

- You should use Telegram groups and channels to stay up to date and alert about what's going down in your surroundings.
- You should use Signal to communicate with your peer group.

Signal

You might be familiar with Signal, especially if you have been into organizing before. It's a messaging app that deploys strong end-to-end encryption. You should use Signal to communicate with your peer group. The pros of using Signal:

- encrypted group chats
- encrypted phone calls
- disappearing message feature.

Signal

Cons:

- requires phone number

Turning on the disappearing message feature so that your phone never contains indicting information is very important, but this will be explained later in this guide. As with all communication, even if Signal has end-to-end encryption, the golden rule still applies: loose lips sink ships. Never admit to doing something unlawful on a messaging app.

Securing your smartphone

There is a high chance that you will carry your smartphone with you during the protest, if it is to document what's happening, to keep in touch with your peer group or to find out where something is going down. Your smartphone normally contains a lot of sensitive information that, in case that you get arrested, would fall into the hands of the police. You may be thinking, well they can't force me to unlock my phone ? They will. Even if you remove biometric unlocking so that they can't force your finger on the fingerprint scanner, there are ways they can get to you. For example, police refused to let people go to the bathroom if they don't unlock their phone. Your goal must always be: "When the police arrests me and unlocks my phone, there must be no evidence on it that I've done something illegal."

As a general advice: If you don't need to carry your smartphone with you, leave it at home. The police actively uses stingrays to gather information about the smartphones that are present at protesting sites.

If you have the ability, before you go to a protest you should follow these steps:

- backup your phone data on your personal computer
- reset it to factory
- set it up as a new phone
- don't use biometrics, use a passphrase that is both strong but not too complicated.
- Turn off your WiFi and bluetooth

Use the disappearing messages feature in Signal so that your phone is clear. Check that you don't have any evidence for whatever you may have done on your phone before attending a protest.

Burner Phone or not ?

If you can, get a burner phone and a prepaid sim. Get a phone with a removable battery, only turn it on when you're at the protests. If you take your burner phone to your home when it's turned on you can just not bother with it in the first place.

THAT HORSE IS A WEAPON.

NAARM FRONTLINE MEDICS
@naarmfrontlinemedics

VPN

To safely look up information while protesting you should use a VPN. There will be no recommendation for a certain provider here but if a company spends a lot of money on YouTube advertisements you should stay away from them.

Many "tech" people will tell you to use Tor: Don't do that. Use a VPN instead. Tor will put a big crosshair on your back. To quote the security researcher thegrugq about Tor:

> "Download and run this and you get a free proxy / VPN; oh, yeah, but you'll stand out like a fucking glow stick and you have no good reason to use it except as an evasion tool against state authorities. Good luck explaining that when they ask uncomfortable questions."

Facial recognition and cameras

A big part of surveillance at protests stems from CCTVs or mobile camera checkpoints

mask up! It's the thing that you can easily do that will you protect you from this surveillance (and a deadly virus).

Sharing content on social media

Social media plays a vital role in these protests. If you share videos or photos made there, please always censor the faces of the people involved, or even better - censor their whole bodies. There are easy to use apps for that, you don't want to get someone locked up in a few months after the authorities scraped social media and analyzed the pictures.

Use end-to-end encrypted email

Proton Mail

Available on

As the world's largest secure email service, Proton Mail's messages are protected by end-to-end encryption and zero-access encryption. Proton Mail lets you send self-destructing messages, which are erased from your recipient's inbox at a specified time you set. You can also protect the inbox on your phone with a PIN code. That way, even if someone is able to unlock your phone, they still will not be able to access your inbox.

The Proton Mail iOS app also has a feature known as the AppKey Protection System. If you have enabled PIN protection for your inbox, then the AppKey Protection System is automatically activated. It essentially prevents forensic searches from penetrating the Proton Mail app unless it can crack the PIN to your app.

With Proton Mail, all your messages are stored on servers in Switzerland, which means they are subject to Swiss law. We are prohibited by Swiss law from responding to a user data request from foreign law enforcement unless a Swiss court has approved it.

VIOLENCE.

ARE THE

POLICE

WHAT NOT TO DO

- **Don't** put vaseline, mineral oil, oil-based sunscreen or moisturizers on skin as they "trap" chemicals.
- **Don't** wear contact lenses, which can trap irritating chemicals underneath.
- **Don't** wear things which can easily be grabbed (i.e. dangly earrings or other jewelry, ties, loose hair).
- **Don't** go to the demo alone, if you can help it. It is best to go with an affinity group or some friends who know you well.
- **Don't** forget to eat food and ***DRINK LOTS OF WATER.***

If you are OC sprayed or assaulted by police at a protest:

- Take a photo of your injuries, or ask someone to, as soon as possible.
- See a doctor to have your injuries documented and treated.
- When you are safe, write down everything you can recall. Even a few short lines about what happened will be useful—e.g. what was happening before the spray, describe the police and list their ID numbers if you have them, and contact details of any witnesses. Keep this information safe so you can provide it to a lawyer later.
- Seek legal advice from one of these supportive law firms or legal centres: **mals.au/contact/legal**

You could also:

- Make a complaint to IBAC [ibac.vic.gov.au/report] or the Police Professional Standards Unit [police.vic.gov.au/complaints].
- Seek damages in a civil case (you have 3 years from the date of the incident to do this).
- Tell your story in the media.
- Contact MALS securely and let them know what happened. You can do this anonymously if you wish. Reports help MALS track the misuse of force/OC spray. **mals.au/contact**

Work together:

- Talk as a group if others were sprayed or assaulted. Support each other.
- You could approach a lawyer together.
- Your activist group should support you as well.

Legal information for Victoria only, October 2023.

After exposure to pepper spray—whether directly, carried by wind, or it rubbed off on you—there are some crucial steps for after initial decontamination, when you leave the action:

✓ **Change all contaminated clothes.** Even small doses of OC spray will affect all who encounter it. If possible, remove all contaminated items before going indoors, entering vehicles, or taking public transport. Ideally, dispose of contaminated items. If this is impossible, seal them in a plastic bag, keep away from people/animals, wash several times in pure/castile soap—not regular laundry detergent—and air dry. OC spray is very difficult, and sometimes impossible to wash out.

✓ **Take a cold shower as soon as possible.** Wash your body with strong dishwashing liquid—not soap/shampoo. Rinse each limb individually, as well as your head and hair. Repeat as many times as necessary. Make sure water drains away from your body—don't let contaminated water keep touching you!

✓ **Re-hydrate, and eat well over the coming days and weeks.**

✓ **Debrief with comrades and friends.** OC spray is chemical warfare, and the psychological effects must not be underestimated. Anxiety, stress, and trauma are common after exposure. Tap into your support networks and be gentle with yourself.

Your eyes have experienced damage that may make them less sensitive for up to a week. ***Do not rub your eyes*** *as you may do damage without feeling it. You may experience dry eyes. Eye drops may help.*

If you experience any of the following symptoms over 24 hours after exposure, seek professional medical care **immediately**:

- **Continued difficult or painful breathing**
- **Coughing up coloured (often red/pink) substances**
- **Continued rapid or abnormal heart rate**

If yes, you can send us an email at naarmfrontlinemedics@skiff.com to let us know: ✚ How you're going generally; ✚ If you have any ongoing symptoms (physical or emotional) ✚ If you've engaged professional care (e.g. hospital or GP treatment) ✚ If you need any advice or referrals to further support from NFM.

Please note: we are volunteers with first aid training, not medical professionals. Remember, street medicine does not necessarily stop once the action is over! Many people experience mental and emotional distress following a protest, especially if they have needed treatment for injuries. NFM tries to support people to the best of our abilities, but it's important to look after yourself and your comrades in the next few days—seek medical care if needed, stay hydrated, eat well, and get plenty of rest.

RESIST POLICE REPRESSION

Police do not keep us safe. They protect fascists, capital, and the state. When antifascists mobilise, police often crack down harder on us than on the far right. They kettle, strike, spray OC, shoot rubber bullets, and brutalise protesters.

Expect it. Prepare for it. Resist it.

EXPECT FORCE

Police will ***shove***, ***strike***, ***spray***, and ***grab***. Do not be surprised — anticipate it. Expecting violence keeps you from panicking when it happens.

Hold formation. Do not scatter. Panic opens gaps and creates arrests.

Brace for impact. Lock arms, hold the line. Shields (even improvised) help absorb baton blows.

Protect your senses. Goggles against OC spray, masks against gas, etc.

De-Arrest.
When police grab someone, pull them back into the crowd. Multiple people should grip and drag — *speed is essential*. ***No one gets left behind.***

Block sightlines. *Umbrellas, banners,* or *dense bodies* can obscure a targeted comrade and protect their identity.

Yell for help. Make it obvious when someone is grabbed — the bloc must respond instantly.

Kettling is not inevitable. Police can only kettle if we allow ourselves to be scattered or penned in.

Stay mobile. Keep moving, even slowly, to prevent encirclement.

Identify escape routes. Always know where side streets, alleys, or open spaces are.

Break lines together. A tight push at a weak point can open the kettle. Organise within your group and collectively charge.

Know who they serve.
Never mistake the police for neutral. Their role is state-sanctioned violence.

They protect fascists.
They protect capital. Every baton charge and arrest serves the system, not the people.

Courage is collective.
Bravery alone can be squashed. *Bravery together is unbreakable.*

Keep calm. Fear spreads faster than pepper spray. Calm, disciplined bodies hold the line and protect the group.

Look after each other. Pass water, share medics, rotate positions.

Remember: *courage is not the absence of fear, but the refusal to abandon each other in the face of it.*

Immediately after being sprayed: DO (1/3)

1. Stay calm & breathe! Easier said than done but remember: OC spray hurts like hell but it's unlikely to cause serious damage
2. Get to safety: away from police lines or fascists
   - If a comrade is sprayed, speak calmly and guide them to a safer area for treatment. Avoid touching them where they have been sprayed as much as possible
3. Find a frontline medic! We wear green tape and/or green fluoro vests and respond to calls of "medic!", "first aid!" and "help!"

Immediately after being sprayed: DO (2/3)

4. If you can't find medics: tie hair back, clean hands, then rinse eyes and skin with plain water
   - Lean forward so water runs off the body onto the ground - avoid spray running down chest or back
   - Wipe OC spray off skin with clean cloth (or tissues if no cloth available) - one wipe with each cloth then dispose of used cloth immediately
   - Rinse each eye from the inside (side nearest the nose) to the outer side (nearest the temple). Water should run across the eye to the ground (not across to the other eye!)
   - Clean hands repeatedly as you go to help prevent recontamination
   - Remove contact lenses (with clean hands)

Immediately after being sprayed: DO (3/3)

5. Rinse mouth and spit 2-3 times before drinking water
6. Remove contaminated clothes ASAP - either throw them out or seal in a plastic bag
7. As effects subside, get hydrated and eat to keep your blood sugar up
8. Try to keep warm
9. Get home or to a quiet, safe location as soon as you can - you may have a big adrenaline crash after being sprayed and you need to take care of yourself in the following hours and days
   - Leave safely - in groups or with a buddy is best

NAARM FRONTLINE MEDICS

OC Spray: Weapon of the State

Pepper spray is not safety — it is *punishment*.

At IMARC in 2019, peaceful protesters were drenched at point-blank range for protesting fossil fuel profiteers. Now a Supreme Court class action is exposing the truth: **OC spray** is **used unlawfully** and without accountability.

The "Less lethal" category only means it's easier to deploy, easier to excuse. The burns, the choking, the blindness are written off as "proportionate" while the state protects its own.

Every spray is a reminder: police defend power, not people.

Class action against police use of capsicum spray at 2019 protest begins

By Harvey Biggs Courts

Mon 17 Feb

Victoria Police deployed OC spray on environmental protesters outside the Melbourne Exhibition and Convention Centre in 2019. (AAP: James Ross)

In short:

A class action led by a protester who was capsicum sprayed during a 2019 rally has begun before the Supreme Court of Victoria.

Lawyers representing protesters have argued the use of the spray was unlawful and excessive.

What's next?

Lawyers for Victoria Police are set to argue the use of the spray was lawful as the trial continues.

Long sidearm batons (left) & Extendable ASP batons (right)

Extendable batons are carried by all operational officers. Long batons used in crowd control contexts.

Potential for misuse: *significant. Used as threat or to force compliance. Victoria Police Operational Safety and Tactics Training (OSTT) guides against head, face kidney strikes but they often used in overhead manner.*

Dangers to public: *impact trauma, strikes to the head, face, neck, abdomen, kidney region and spinal region pose high risk of serious injury, disability.*

Oleoresin capsicum (OC- or pepper) spray or foam

Releases a bright orange stream of (agent OC) capsicum foam for several metres but sprays if used in a wide arc. Range depends on size of canister,

Potential for misuse: *significant. Used as threat or to force compliance. Used to clear crowds.*

Dangers to public: *severe skin and eye irritation, corneal abrasions, respiratory trauma, breathing difficulties, (positional asphyxia if in confined area, restraints or AOD), transient lacrimation, blepharospasm, superficial pain and disorientation. Burning sensation lasting for 12+ hours.*

Police Accountability Project

VKS Pepper ball firearm

A 175 shot pepper ball semi-automatic rifle; Black with bright green or yellow cartridges or shoulder stock. Fires Kinetic impact projectiles (KIPs):

a) OC (capsicum) projectiles the size of marbles or;
b) Dye markers to brand people so they can be identified later.

Potential for misuse: *Significant. Can be aimed to threaten or force compliance, used closely, aimed at head or can be rapid-fired into crowds.*

Dangers to public: *Blunt and penetrative injuries depending on range. Blindness, eye damage, bruising, burning sensation to exposed skin. Ricochet and unpredictable trajectories.*

Baton round Launcher

A 40-millimetre launcher that fires a hard squash ball KIP (pictured right) that can hit a person within 50 metres.

Potential for misuse: *significant. As threat or to force compliance. Used at close range or fired into crowds.*

Dangers to public: *Blunt or penetrative injuries, particularly head, neck and torso trauma, severe bruising, severe injury, permanent disability and death, (lethal at close range), blindness or eye damage. Ricochet and unpredictable trajectories.*

Stinger grenades

Can be rolled into or thrown over a crowd, explode with light and smoke while releasing 32-calibre rubber pellets to waist height with a range of five metres.

Potential for misuse: *significant, will cause shock and panic in crowds.*

Dangers to public: *Shock and panic in crowds, blunt or penetrative injuries, particularly head, neck and torso trauma severe bruising, death, (lethal at close range), blindness or eye damage, ear damage.*

WEAPON OF THE STATE.

Former NSW Police officers plead guilty after kicking, capsicum spraying a naked woman in Western Sydney street

By Jamie McKinnell Courts

Thu 10 Jul

In short:

Two police officers have pleaded guilty to violently assaulting a mentally ill woman during an arrest in Western Sydney in 2023.

One of the officers sent the body-worn footage to a colleague, claiming: "We caved her."

A court heard the officers repeatedly kicked and stomped on the woman while she was on the ground before capsicum spraying her to the face and genitals.